

- 1.** A method comprising:

populating a first field of a traffic specification with a function of one of a temporal period and a temporal offset, wherein said temporal period and said temporal offset are for a plurality of expected future transmissions;

populating a second field of said traffic specification with the value of said first field;

and

transmitting a polling request with said traffic specification.
- 2.** The method of claim 1 wherein said first field and said second field are defined in an IEEE 802.11 specification.
- 3.** The method of claim 2 wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field.
- 4.** The method of claim 1 wherein said transmitting is via a shared-communications channel, and wherein said temporal offset is relative to an IEEE 802.11 beacon.
- 5.** The method of claim 1 further comprising:

generating a frame in accordance with said temporal period and said temporal offset;

receiving a poll; and

transmitting said frame in response to said poll.
- 6.** A method comprising:

populating a first field of a traffic specification with a first function of at least one of a temporal period and a temporal offset, wherein said temporal period and said temporal offset are for a plurality of expected future transmissions;

populating a second field of said traffic specification with a second function of at least one of said temporal period and said temporal offset; and

transmitting a polling request with said traffic specification.
- 7.** The method of claim 6 wherein said first field and said second field are defined in an IEEE 802.11 specification.
- 8.** The method of claim 7 wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field.
- 9.** The method of claim 8 wherein said Minimum Service Interval field is populated with a larger value than said Maximum Service Interval field.

**10.** The method of claim 6 further comprising:

generating a frame in accordance with said temporal period and said temporal offset;  
receiving a poll; and  
transmitting said frame in response to said poll.

**11.** A method comprising:

receiving a polling request and a traffic specification that specifies a first field and a second field; and  
determining one of a temporal period and a temporal offset from said first field when said first field and said second field have the same value.

**12.** The method of claim 11 wherein said first field and said second field are defined in an IEEE 802.11 specification.

**13.** The method of claim 12 wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field.

**14.** The method of claim 11 wherein said receiving is via a shared-communications channel, and wherein said temporal offset is relative to an IEEE 802.11 beacon.

**15.** A method comprising:

receiving a polling request and a traffic specification that specifies a first field and a second field; and  
determining a temporal period and a temporal offset from said first field and said second field.

**16.** The method of claim 15 wherein said first field and said second field are defined in an IEEE 802.11 specification.

**17.** The method of claim 16 wherein said first field is a Minimum Service Interval field and said second field is a Maximum Service Interval field.

**18.** The method of claim 17 wherein said Minimum Service Interval field has a larger value than said Maximum Service Interval field.

**19.** The method of claim 15 further comprising establishing a polling schedule based on said temporal period and said temporal offset.

**20.** The method of claim 19 further comprising transmitting a poll to the sender of said polling request in accordance with said polling schedule.